

When to use For vs While Loops

Use For loops or While loops when:

You know the number of steps you want to run the loop.

Example: I want to run the loop 7 times (maybe you are checking something everyday for the whole 7 week).

Use While loops when:

You don't know the number of steps you want to run the loop, but you want to run the loop until a certain condition is fulfilled.

Example: I want to run the loop until my trading account reaches \$0 (in this case we are using a loop to fire trades).

Quick Summary

For loops are used when the number of steps is known. While loops can be used when the number of steps is either known or unknown